



30 November 2012

Welcome to the November eFocus, your monthly update from Alcohol Focus Scotland.



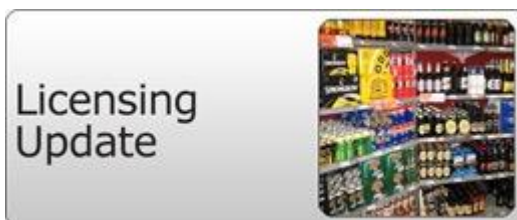
Policy,
Research &
Consultations



Parliamentary
Update



Alcohol Focus Scotland
News, Training
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Licensing
Update

Policy, Research & Consultations

AHA welcomes minimum unit price consultation and calls for 50p per unit

The [Alcohol Health Alliance UK](#) has welcomed the publication of the UK Government's [consultation](#) on their Alcohol Strategy which includes minimum pricing. The Alliance calls for a 50p minimum unit price to match Scotland's plans. Once fully implemented, research suggests that a 50p minimum price will prevent more than 3,000 alcohol-related deaths and 40,000 crimes in England each year, whereas a 40p price per unit will prevent 1,190 alcohol-related deaths and prevent 10,100 crimes. The consultation, published by the Home Office, also covers other aspects of the Government's Alcohol Strategy, including banning multi-buy offers, a review of the mandatory code for licensees and small businesses, and a new duty to consider the impact on public health of licensing decisions.

Briefing - minimum pricing and taxation are complementary pricing mechanisms

Alcohol Focus Scotland has published a [briefing](#) which explains why minimum pricing and taxes are complementary pricing mechanisms which, together, can deliver greater health and social benefits than taxation alone. Alcohol taxes are an important means of regulating the overall affordability of alcohol. However, establishing a minimum price per unit of alcohol is a targeted solution for reducing the sale of the cheapest, strongest products which are associated with the most harm.

Violence Reduction Unit launches alcohol awareness campaign

The campaign, launched on the same day as the unit's annual conference, aims to encourage parents and carers to think about how their drinking behaviour can influence their children's future attitudes to alcohol. It is accompanied by an animation which shows how easy it is to lose track of how much you drink at Christmas. Follow the campaign on Twitter at #12days and read more [here](#).

Chief Medical Officer highlights liver disease rise

Prof Dame Sally Davies' first annual report has highlighted the need for comprehensive action to address rising rates of liver disease. Liver disease is the only major cause of mortality and morbidity that is on the increase in England while it is decreasing among our European peers. Between 2000 and 2009, deaths from chronic liver disease and cirrhosis in the under 65s increased by around 20%, while they fell by the same amount in most EU countries. The Chief Medical Officer said there needed to be investment in prevention, early diagnosis and effective treatment. Read more [here](#).

Alcohol and cancer risks: a guide for health professionals

This [guide](#) has been produced by Scottish Health Action on Alcohol Problems (SHAAP) to summarise for health professionals the links between alcohol consumption and cancers so that they can use opportunities in their work to intervene to reduce the risks. The guide was produced following an expert group convened by SHAAP.

Alcohol-free January plea

Alcohol Concern is urging Britons to stop drinking for the whole of January to avoid more than 4.5 million working days being lost to hangovers. They issued the [Dry January](#) challenge to drinkers on the back of statistics estimating that 200,000 people go to work with a hangover every day, costing the economy around £6.4 billion every year. The campaign follows the charity's Alcohol Harm Map which found the biggest drain on NHS resources were baby boomers, not binge drinkers. Alcohol Concern hopes those taking part will use it "as an opportunity to ditch the hangover, reduce their waistline, and think about whether their drinking is really working for them".

Cheaper to get drunk than go to cinema, say young people

Cheap alcohol and the way it is promoted encourages excessive drinking, according to one thousand 16-24 year olds surveyed by Alcohol Concern and Balance North East for Alcohol Awareness Week. The report, [Drinking to get drunk, Influences on young adult drinking behaviours](#) highlights that young people can buy a 3 litre bottle of cider for less than admission to the cinema. Two thirds of the young people questioned agreed that cheap alcohol promotions encourage drinking to get drunk.

Alcohol brief interventions up

NHS Scotland Chief Executive's Annual Report shows over 272,000 Alcohol Brief Interventions to help tackle harmful and hazardous drinking have been carried out over the last four years; growing from 30,310 in 2008/09 to 55,757 in 2009/10, 88,318 in 2010/11 and a high of 97,830 in 2011/12. Read the report [here](#).

Moderate drinking in pregnancy can affect child's IQ

Researchers from Oxford and Bristol universities looked at the IQ scores of 4,000 children as well as recording the alcohol intake of their mothers. They found "moderate" alcohol intake of one to six units a week during pregnancy affected IQ. Previous studies have produced inconsistent and confusing evidence on whether low to moderate levels of alcohol are harmful in pregnancy, largely because it is difficult to separate out other factors such as mother's age and education. But this research ruled that out by looking at changes in genes that are not connected to social or lifestyle effects. Read more [here](#).

Scottish mortality rate among highest in western Europe

The Glasgow Centre for Population Health has published a report which suggests Scotland has the highest mortality rate in western Europe among working men and women. [Still the Sick Man of Europe?](#) shows that while improvements have been made in some areas, such as the mortality rate for heart disease, stroke and some cancers, other areas are showing no signs of progress from decades past. Smoking and high alcohol consumption were also highlighted as risk factors for oesophageal cancer, for which the mortality rate for men was 71% higher than the average.

Rail ban on booze hailed a success

ScotRail has said passengers have generally adapted well to the introduction of the alcohol ban between 9pm and 10am on all train services except the Caledonian Sleeper. Only five people have been reported to the Procurator Fiscal since the ban was introduced three months ago. Meanwhile, an alcohol ban will be enforced on Edinburgh's tram service when it opens in 2014. By-laws would prevent intoxicated people from getting on a tram or carrying

alcohol. If breached, the regulations carry a maximum fine of £1000.

Parliamentary Update

New Parliamentary motions, questions and answers

Dr Richard Simpson MSP put forward a motion that Parliament supports last week's Alcohol Awareness Week. A motion by Kenneth Gibson MSP highlighted the Scottish Association for Mental Health's Two Too Many campaign, which aims to raise awareness that two people lose their life to suicide every day in Scotland. Mary Scanlon MSP asked a question about what is being done to improve understanding and treatment of mental health and alcohol problems, while Kevin Stewart MSP asked several questions about alcohol counsellors and how much money is allocated to their training. The full list of motions, questions and answers can be viewed using the [search facility](#) on the Scottish Parliament website.

Scottish drink-drive limit cut endorsed by MSPs

Plans to cut the drink-drive limit in Scotland from 80mg to 50mg per 100ml of blood have been endorsed by the Scottish Parliament. One in 10 deaths on Scotland's roads involves drivers who are over the current alcohol limit, while motorists are said to be five times more likely to be involved in an accident while at the current limit, compared with 50mg. The public consultation on reducing the limit has now closed and responses will be published soon. Read Alcohol Focus Scotland's consultation response on our [website](#).

Licensing Update

Four new alcohol licences granted in Edinburgh, despite health objections

The City of Edinburgh Licensing Board has approved four new licences for branches of Tesco and Sainsbury's mini-supermarkets. NHS Lothian had called for all four bids to be knocked back as the new stores will serve areas which already have an above-average number of off-licences per 10,000 people. NHS Lothian public health specialist Jim Sherval said the decision was "a major blow to stopping alcohol problems in Edinburgh as availability of alcohol is influential in levels of alcohol consumption." Read more [here](#).

Licensing Act evaluation published

NHS Health Scotland has published the second interim evaluation [report](#) on the implementation of, and compliance with, the objectives of the Licensing (Scotland) Act 2005.

Licensing training dates for 2013

Alcohol Focus Scotland has set dates for [Personal Licence Holder training courses](#) next year. One course will run per month at our offices in Glasgow. For Staff, Licensing Standards Officers, Licensing Board Members and Trainers course dates please get in touch.

Alcohol Focus Scotland News, Training & Events

Annual Report 2011/12

Read Alcohol Focus Scotland's latest [Annual Report](#) online.

YPAAD - new resource for teenagers

Alcohol Focus Scotland is developing a new resource for young people aged 11-16 who may be affected by another person's drinking. YPAAD is a downloadable app which aims to help young people explore the effects of another person's drinking on their own lives and highlight coping strategies used by others who have been through similar experiences. The app will also provide links to local agencies that can offer help and support. We anticipate the app being available early next year. Please contact [Jane Wilson](#) for more information.

Directory of services for children affected by parental drinking

A directory of projects and services across Scotland that support children and young people affected by their parent's or another adult's drinking has been updated and is available on the Alcohol Focus Scotland [website](#). If you know of any relevant agencies not listed here please let us know.

National event for Alcohol & Drug Partnerships

The annual Alcohol & Drug Partnerships (ADP) event was held earlier this month, providing an opportunity for ADPs to share learning and support them in their delivery of core outcomes. Alcohol Focus Scotland supported two workshop sessions at the event. The first workshop on building national capacity was co-facilitated by Sarah Currie, ADP Policy and Development Coordinator, and informed ADPs of the new national Delivery Support Programme. The second workshop was on licensing, with Linda Bowie of AFS and Andrew Fraser from West Dunbartonshire Council presenting on how to influence licensing decisions and work better with Licensing Forums and Boards. We would encourage ADPs to please check our website for examples of good practice and share their experiences with us.

Download our new mobile app

For the latest Alcohol Focus Scotland news when you're out and about, download our [free app](#) to your smart phone.



Alcohol Focus Scotland is on Twitter. Follow us @alcoholfocus

Events

Cross Party Group on Drug and Alcohol Misuse

Wednesday 20th
February, 5.30pm,
Scottish Parliament

The discussion topic will be the "Review of opiate replacement therapies". To register please email:

michaelg@sdf.org.uk

Alcohol and British Society Conference

Tuesday 12 March,
London

The Alcohol Research UK conference presents some of the latest developments in alcohol research. Speakers include Professor Sir Ian Gilmore and Professor Jonathan Chick. More information and booking [here](#).

National Licensing Conference 2013

Tuesday 3 September,
Glasgow

More details will be posted on the [AFS website](#) soon.

Research

[Alcohol problems in the criminal justice system: an opportunity for intervention](#)

[Global consensus on safe drinking limits required](#)

[Alcohol-fuelled sleep less satisfying](#)

[School-based psychological interventions reduce risk of alcohol misuse](#)

[Associations between proximity and density of local alcohol outlets and alcohol use among Scottish adolescents](#)

Resources

Alcohol Policy



Minimum pricing court case concludes

The legal challenge to minimum unit pricing brought by the Scotch Whisky Association (SWA) and their European counterparts concluded at the Court of Session on 25th January. Judge Doherty will prepare his ruling over the coming months. This process could take between three and six months.

Alcohol Health Alliance backs 50p minimum price across the UK

In its response to the public consultation on the Government's Alcohol Strategy for England and Wales, the [Alcohol Health Alliance](#) (AHA) has expressed strong support for plans to introduce a minimum unit price. However, the AHA believes the price should be set at 50p, in line with Scotland, rather than the proposed 45p.

Health bodies condemn anti-minimum pricing campaign by The Wine and Spirit Trade Association

Dr Evelyn Gillan, Chief Executive of Alcohol Focus Scotland said: "The global producers and supermarkets have spent the last five years trying to prevent minimum pricing being introduced in Scotland. Having failed to do so, they have followed in the footsteps of their colleagues in the tobacco industry and sought to delay this vital health measure by launching a legal challenge. Most people will see this campaign for what it is - an attempt to bully government into adopting policies that favour narrow business interests at the expense of the protection of our country's health and wellbeing." Read our [briefing](#) which provides the facts about minimum pricing.

Further options for alcohol licensing - consultation

The Scottish Government is consulting on proposals for changes to the alcohol licensing regime in Scotland. The proposals address concerns raised by a wide variety of stakeholders, and are grouped under two themes - proposals to strengthen the powers of Licensing Boards and police, and proposals to improve the effectiveness of the licensing regime. The consultation paper and information on how to respond is available [here](#). The deadline for responding is Friday 21 March.

UK alcohol deaths for 2011

The [latest figures](#) published by ONS show there were 8,748 alcohol-related deaths in the UK in 2011, 42 fewer than in 2010. Over 66% of all alcohol-related deaths in the UK were males, and death rates were highest in the North of England and lowest in the East of England. Statistics for alcohol-related deaths in Scotland are available [here](#).

Drop a glass size campaign

A campaign encouraging women to "Drop a glass size" in 2013 was launched by Health Secretary Alex Neil. As part of the campaign, which also includes a national roadshow, a new 'drinking mirror' smartphone app (free until the end of March) has been developed to show people the shocking effects of regularly drinking too much. Latest figures show around 38% of women regularly exceed the recommended limits of 2-3 units per day and 14 units per week. Find out more at [Drink Smarter](#).

[Licensing Toolkit](#)

[Children affected
by adult's drinking](#)

[Rory evaluation report](#)

Training dates

**ServeWise Personal
Licence Holder's
Course**

One day courses will
take place at Alcohol
Focus Scotland on
19 February, 19 March
and 16 April.
More information
[here](#).

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